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Jordan | Efficient Kitchen

efficientkitchen_

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I make feeding your family simple
Gluten free recipes
3-2-1 prep + easy weeknights
⬇️ Make Mealtimes Easy

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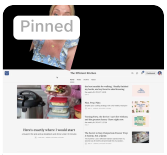
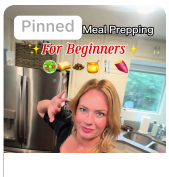
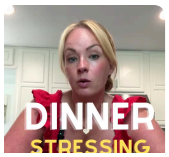
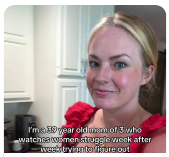


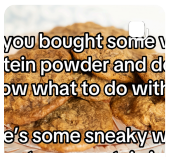


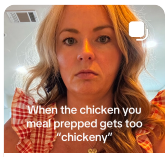
I'm a 39-year-old mom to three who has fed her family homemade food for almost every meal for four years— and it changed everything

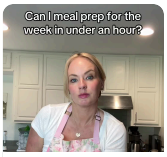


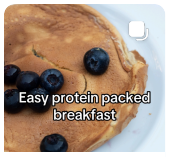


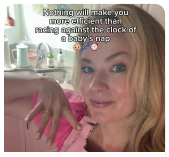
Easy Gluten Free Breakfasts to stock your freezer with from a mom of 3 who has been gluten free 15 years that will make your mornings easier

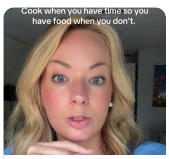












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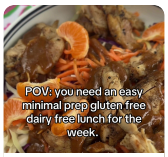
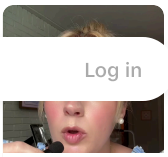
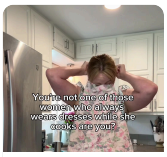
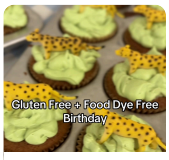
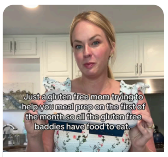
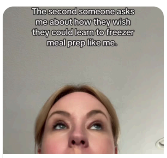




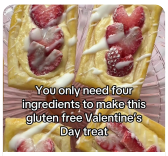


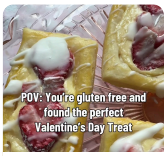


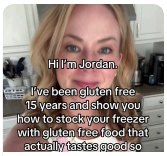




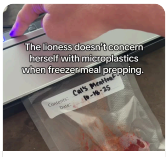
I am restocking my freezer with gluten free lunches and dinners this weekend. Here's how I'm going to do it.
I'm a mom of 3 with a newborn and gluten free






Hi I'm Jordan.
I've been gluten free 15 years and show you how to stock your freezer with gluten free food that actually tastes good so

When you're gluten free and always have a stocked freezer because you learned how to bulk meal prep on a rotating schedule



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